

RAKUEN TRANSLATIONS

STATUS: ONGOING
TYPE: WEBCOMIC
URASUNDAY

1 Danberu nan kiro moteru?

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ARTIST: MAAM
2016



URA SUNDAY
COMICS
SANDROVICH YABAKO
& MAAM PRESENTS

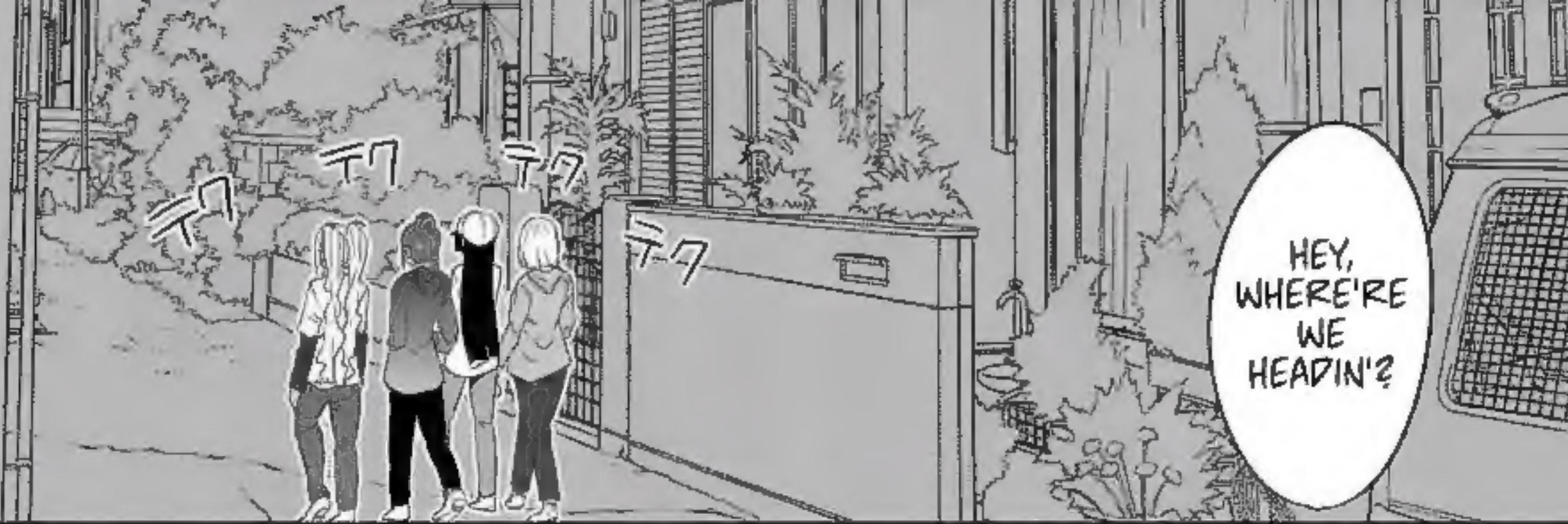
TRANSLATOR: /A/NONYMOUS TYPESETTER: PAPO41 CLEANER: PAPO41
PROOFREADER: /A/NONYMOUS RAWS: /A/NONYMOUS REDRAWER: PAPO41

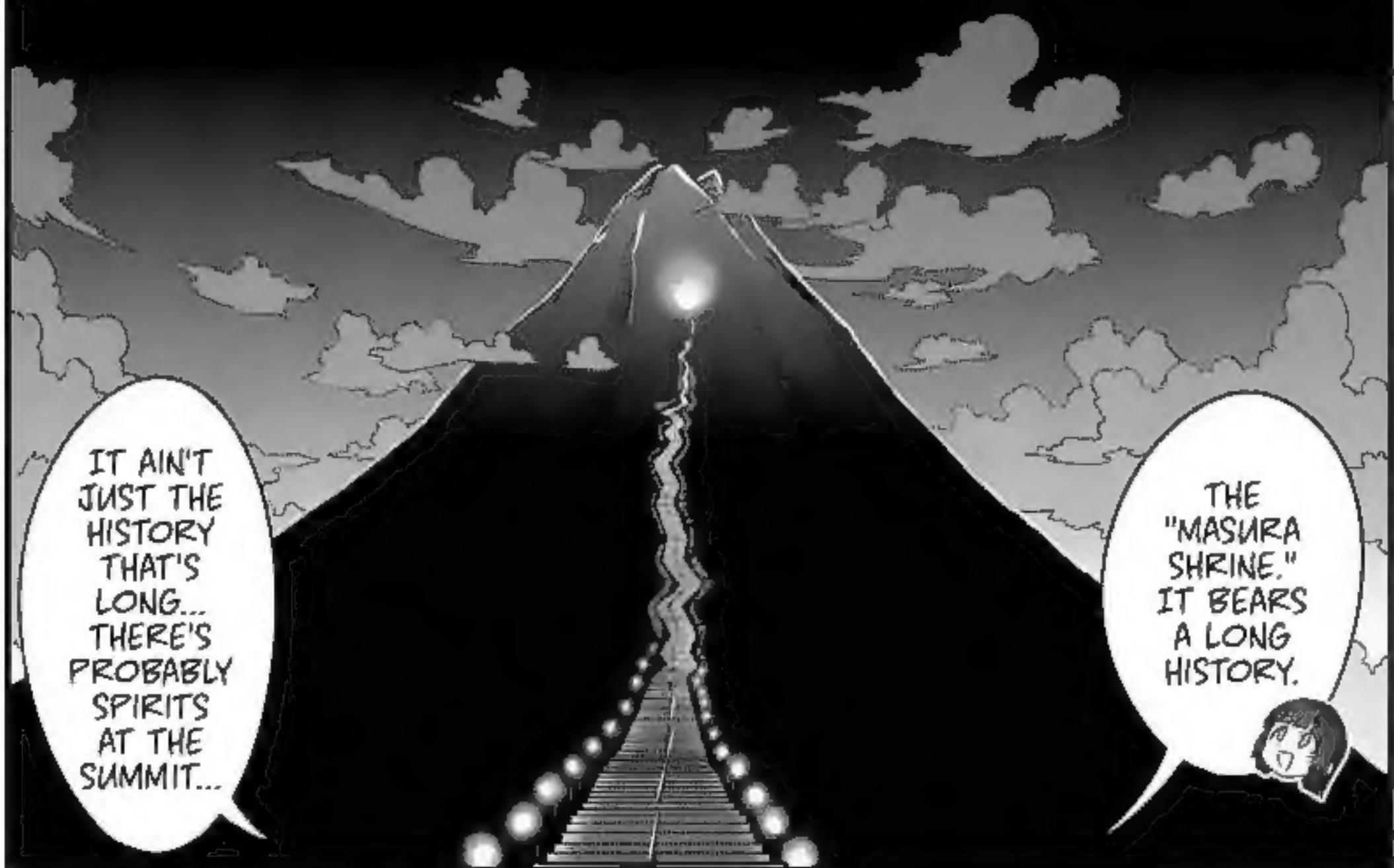




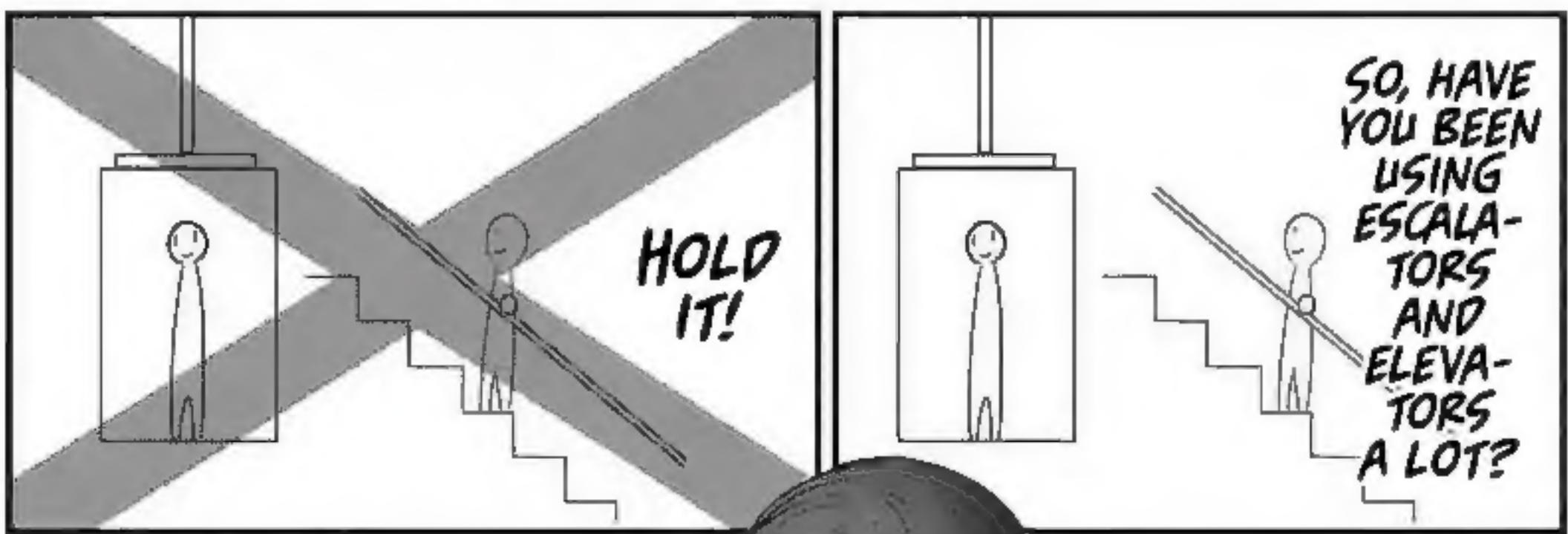
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YOU MIGHT NOT
BELIEVE IT,
BUT THE CALORIES
YOU BURN
GOING UP IS ABOUT
THE SAME AS A
JOGGING, AND
GOING DOWN
IS ABOUT THE
SAME AS CYCLING.

*According to the Japanese
Physical Health Association
Calorie Expenditure chart.

GOING UP

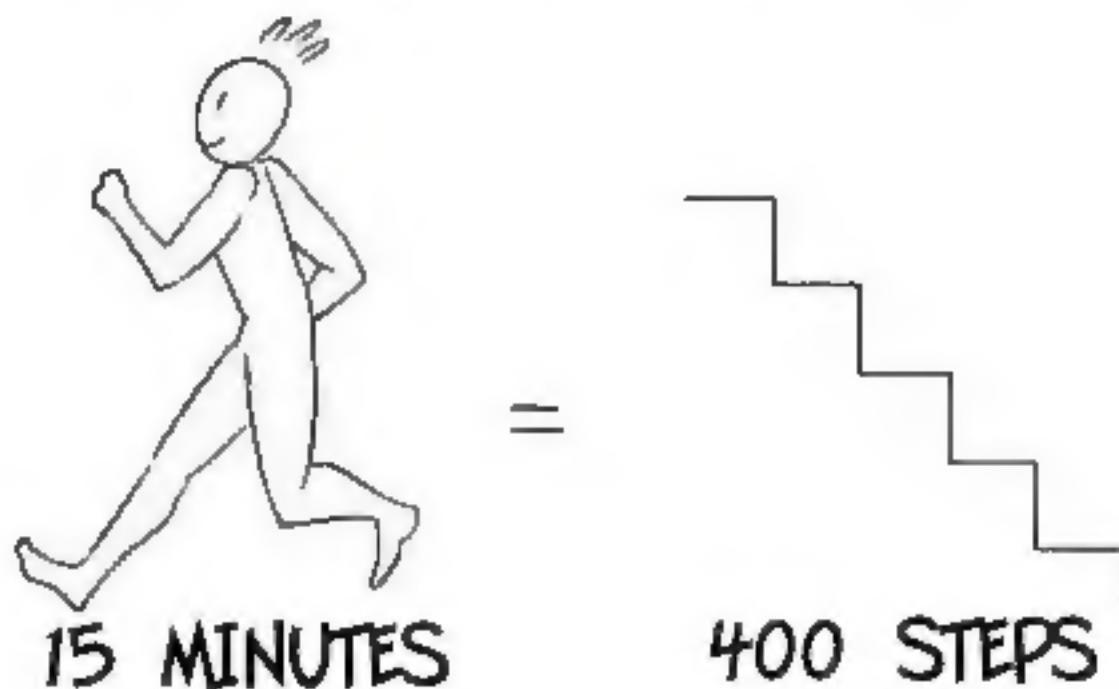
(TIME X WEIGHT X 0.349
X AGE CORRECTION
FACTOR*)

GOING DOWN

(TIME X WEIGHT X 0.0658
X AGE CORRECTION
FACTOR*)

YOU CAN
CALCULATE
THE
CALORIES
THAT
YOU'LL
BURN LIKE
SO.

SO FOR
PEOPLE
WHO HAVE
DIFFICULTY
RUNNING,
GOING UP
AND DOWN
STAIRS IS
AN ALTER-
NATIVE.



IN JUST
400
STEPS,
YOU BURN
AS MANY
CALORIES
AS A 15-
MINUTE
JOG.

BE MINDFUL
SO THAT YOU
AREN'T
BOthering
THOSE AROUND
YOU IF
CLIMBING A
CROWDED
STAIRCASE.

IF YOU USE
RECOIL AND
SKIP STEPS,
YOU'LL
ACTUALLY
DECREASE THE
CALORIE EXPENDITURE.

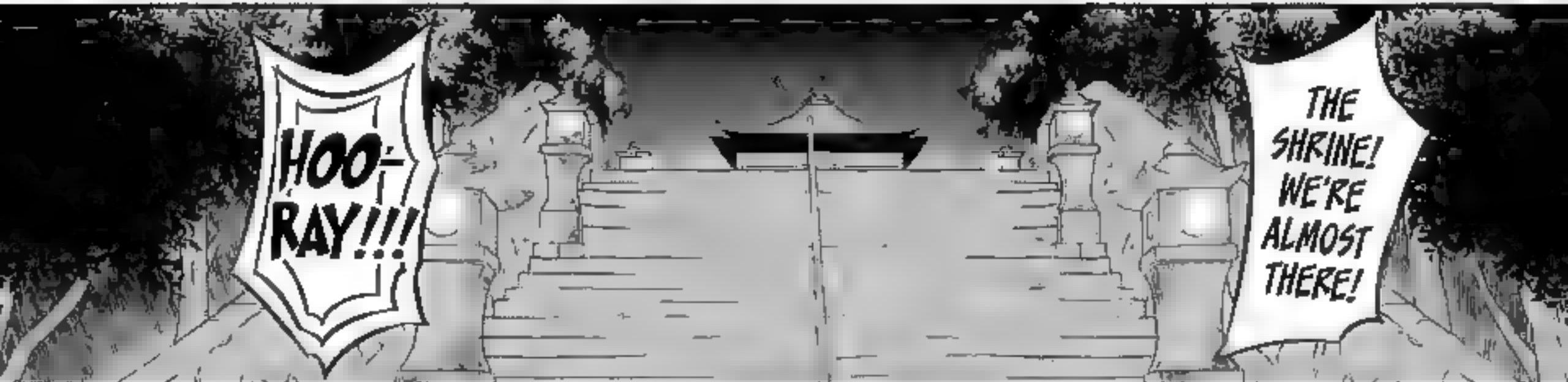
MAKE
SURE TO
STRAIGHTEN
YOUR BACK
AND CLIMB
ONE STAIR
AT A TIME.

WARNING!

USE
THEM AND
SHAPE
UP!

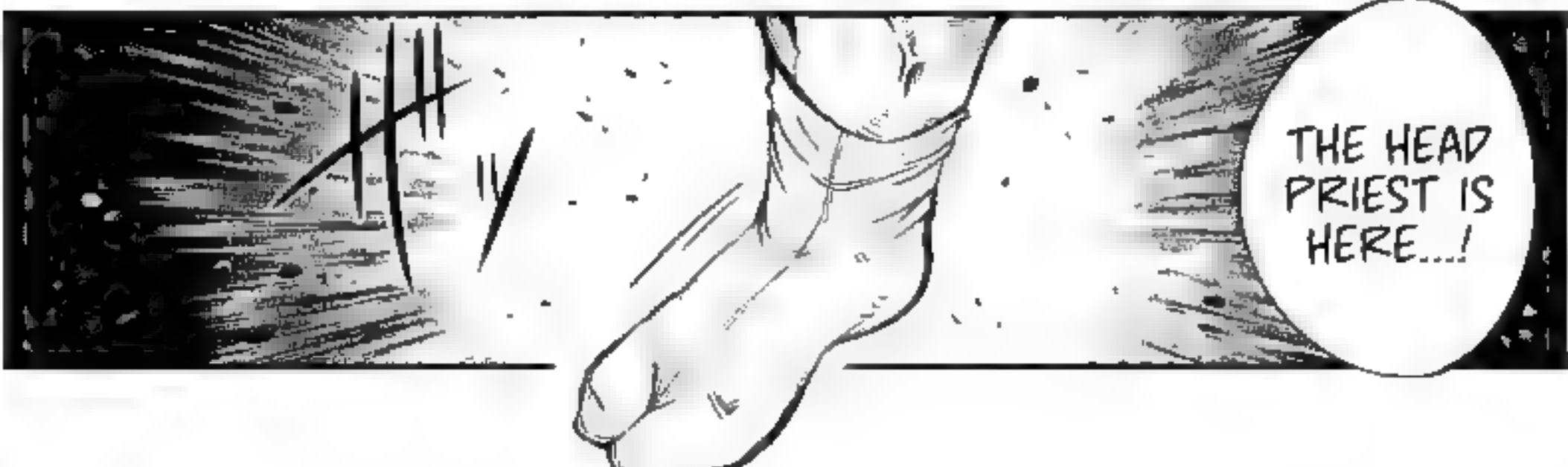
IF YOU CHANGE
HOW YOU VIEW
THE STAIRCASES
NEAR YOU, THEY
CAN BECOME A
GREAT WAY TO
EXERCISE.





I'M
ALREADY
USED
TO THIS
SINCE THE
BEGINNING
OF THIS
YEAR...

WOW,
THERE'RE
A LOTTA
MACHO
GUYS ON
THESE
GROUNDS.





AND LAST GUY, IT DOESN'T FIT WELL AT ALL, OKAY!!!?

THANKS FOR THE RANDOM EXPLANATION, MACHO GUYS!!!

HE HAS TWO LIVES IN THE "PRIESTHOOD" AND "MUSCLE-HOOD"

OF COURSE, HE ALSO HAS THE QUALIFICATIONS TO BE A PRIEST.

DIDN'T YOU KNOW? MACHIO-SAN HAS ANOTHER NAME IN OUR TRADE: "THE GREAT MUSCLE GOD"

HE'S ACTUALLY THE HEAD PRIEST OF THE MUSCLE SHRINE, BUT IT SOUNDS SO GREAT, RIGHT?

HUH?

IT'S FINE! I'M SURE YOUR WISH WILL COME TRUE.

BUT I CAN'T ASK FOR THAT AT MACHIO-SAN'S OWN FAMILY BUSINESS...

OH GOD... I WAS PLANNIN' ON WISHIN' TO "GET ALONG WITH MACHIO-SAN BETTER..."

SO IT'S ALL MUSCLE IN THE END!!!

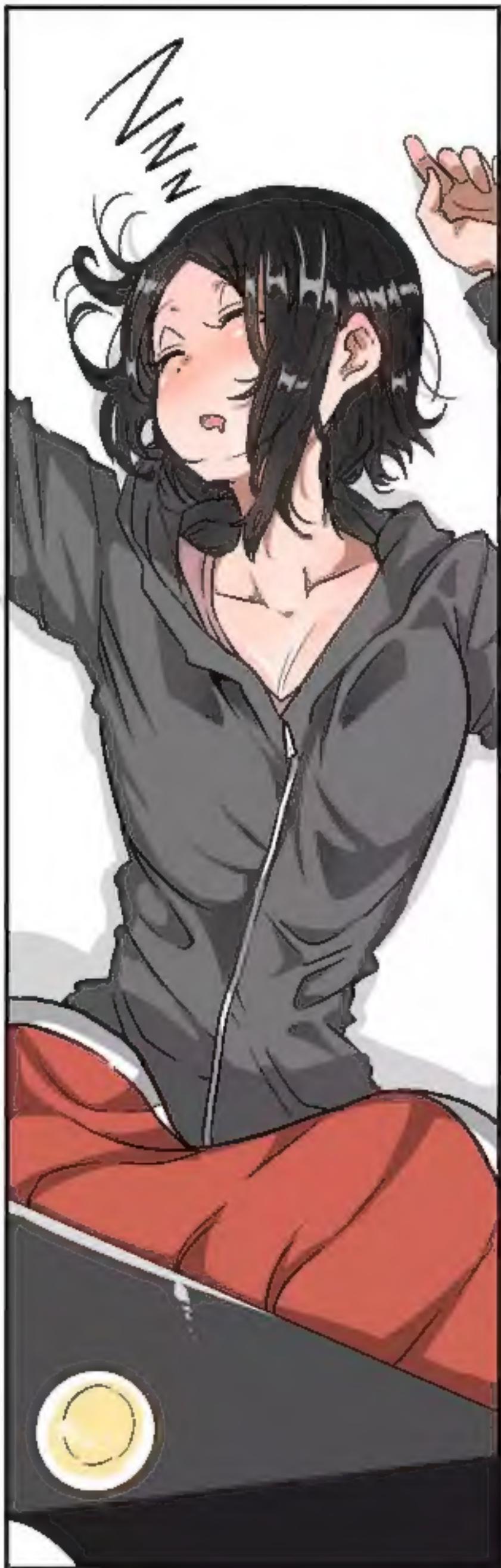
AROUND HERE

IF YOU WISH FOR IT FROM THE BOTTOM OF YOUR HEART, IT'LL DEFINITELY COME THROUGH.
PHYSICALLY WISHING, YOUR WISH SHOULD BE FOCUSED AROUND THE PECTORALIS MINOR.

THE GOALS HAVE ALREADY BEEN SWITCHED!!!!!!

NOW!! WORSHIP THE MUSCLE!!!





ON THE FLIPSIDE

